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PDR® for Herbal Medicines entry for:

Avena Sativa

Oats

[Description](#) ▾

DESCRIPTION

Medicinal Parts: The medicinal parts are the fresh or dried above-ground parts, the ripe, dried fruits, and the dried, threshed leaf and stem.

Flower and Fruit: The green flower is a loose panicle hanging on all sides and is 15 to 20 cm long. The spikelet has 2 to 3 flowers. The outer glume has no awn, is 18 to 30 mm long and has 7 to 11 ribs. The top glumes have 2 divisions and a dentate tip and are 12 to 24 mm long. They have 7 ribs and can either be awned or unawned. The awn is 15 to 40 mm long, upright and rough. The double ribbed husks are 10 to 20 mm long and are thickly ciliate on the short ridge. The 3 stamens are 2.5 to 4 mm long. The ovary has a pinnatifid stigma. The fruit is 7 to 12 mm long, narrowly elliptoid and pubescent.

Leaves, Stem and Root: Oat is an annual, light green grass with a bushy root. The stalks are 60 to 100 cm high, smooth and glabrous. The linear-lanceolate tapering, flat leaves are in double rows and the leaf sheath is clasping. The ligula is short, ovate with triangular pointed teeth. The leaf blade is linear-lanceolate and is 45 cm long by 5 to 15 mm wide.

Habitat: Oats are cultivated worldwide.

Production: Wild oat herb consists of the fresh or dried above-ground parts of *Avena sativa*, harvested during flowering season. The herb is air-dried. Oats consist of the ripe, dried fruits of *Avena sativa*. Oat bran is taken from the outer layer of the de-furred fruit. To make rolled oats, the de-furred fruit is treated with steam, then crushed. Oat straw consists of the dried, threshed leaf and stem of *Avena sativa*.

Other Names: Grain, Groats, Oatmeal, Straw

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ACTIONS AND PHARMACOLOGY

COMPOUNDS: Avenae herba

Soluble oligo- and polysaccharides: including saccharose, kestose, neokestose, beta-glucans, galactoarabinoxylans

Silicic acid: to some extent water-soluble

Steroid saponins: avenacoside A and B

Unusual amino acids: avenic acid A and B

Flavonoids

EFFECTS: Avenae herba

In a doubtful experimental investigation, the drug was said to lower the uric acid level and to display an antihepatoxin effect in animal experiments.

COMPOUNDS: Avenae fructus

Starch

Soluble polysaccharides: in particular beta-glucans and arabinoxylans

Proteins: including gliadin, avenin, avenalin

Peptides

Steroid saponins: avenacoside A and B

Sterols: including beta-sitosterol

Fatty oil

Vitamins of the B-group

EFFECTS: Avenae fructus

De-furred oats are, according to various studies, able to lower serum cholesterol and to hinder prostaglandin biosynthesis.

COMPOUNDS: Avenae stramentum

Soluble oligo- and polysaccharides: including saccharose, kestose, neokestose, beta-glucans, galactoarabinoxylans

Silicic acid: to some extent water-soluble

Steroid saponins: avenacoside A and B (unusual amino acids, avenic acid A and B)

Flavonoids

EFFECTS: Avenae stramentum

There is no information available concerning the efficacy of oat straw.

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INDICATIONS AND USAGE

Avenae herba

Wild oat herb preparations are used for acute and chronic anxiety, atonia of the bladder and connective tissue, connective tissue deficiencies, excitation, gout, kidney ailments in Kneipp therapy, neurasthenic and pseudoneurasthenic syndromes, old age symptoms, opium and tobacco withdrawal treatment, rheumatism, skin diseases, sleeplessness, stress, weakness of the bladder, and as a tonic and roborant. The efficacy for the claimed applications is not documented.

Avenae fructus

Oat preparations are used for diseases and complaints of the gastrointestinal tract, gallbladder and kidneys, for cardiovascular disorders, constipation, diabetes, diarrhea, physical fatigue, rheumatism, and as a gruel for chest and throat complaints. The claimed efficacy has not been substantiated.

Avenae stramentum

- Inflammation of the skin
- Warts

The drug is employed externally for inflamed and seborrheic skin disorders, especially those accompanied by itch. Oat straw is used for abdominal fatigue, bladder and rheumatic disorders, eye ailments, frostbite, gout, impetigo and metabolic diseases. It is used in foot baths for chronically cold or tired feet. It is also used as a tea for flu and coughs.

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PRECAUTIONS AND ADVERSE REACTIONS

Avenae herba, FRUCTUS AND STRAMENTUM

No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages.

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DOSAGE

Avenae herba

Mode of Administration: The herb is used in homeopathy, in combination therapy and as a tea for

internal use.

Preparation: To make a tea, 3 gm drug is boiled in 250 ml water, which is strained after cooling.

Daily Dosage: The tea is taken repeatedly throughout the day and shortly before going to bed.

Storage: The herb should be protected from light and moisture.

AVENAE FRUCTUS

Mode of Administration: The fruit is used in homeopathy and in combination preparations.

Avenae stramentum

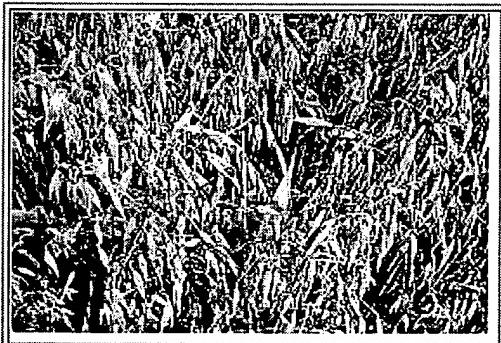
Mode of Administration: As a comminuted herb for decoctions and other galenic preparations as bath additives.

Preparations: To make oat straw bath, 100 gm chopped drug is boiled with 3 liters water for 20 minutes and the decoction is added to the bath.

Daily Dosage: 100 gm of herb is used for one full bath.

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PHOTO



NOTE: This photo does not depict the actual size of the plant, be used only for identification by shape and color. It is furnished as an aid in recognition of the source plant only. In cases of poisoning, presence of the herb in the product under suspicion should be verified by chemical analysis.

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LITERATURE

Avenae herba

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